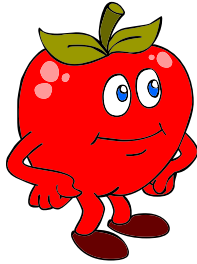


Chef Solus Portion Size Reference List - Fruit Group

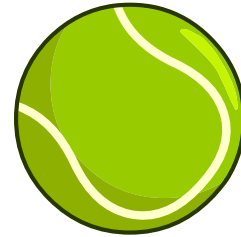
It is not as hard as you might think to figure out the right serving size with a little help from some common household items.

1 Serving of the Fruit Group

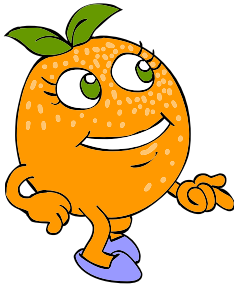
1 medium fruit such as an apple or an orange



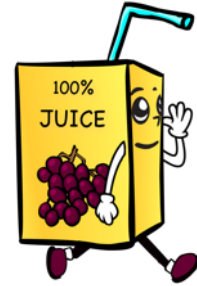
1 tennis ball



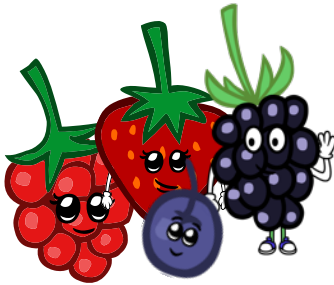
3/4 cup juice



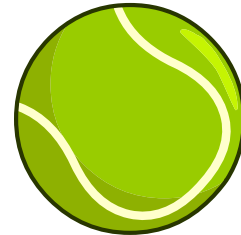
6 ounce juice carton



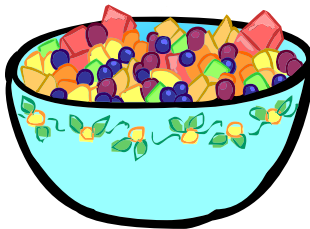
1 cup of berries



1 tennis ball



1/2 cup chopped fruit



1 computer mouse

